



Activities Calendar

July 5th to July 11th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 5th	July 6th	July 7th	July 8th	July 9th	July 10th	July 11th
1:30pm Bingo <i>Activities Room</i>	9:30am Sit and Tone with Renee <i>Laurel Room</i>	8:30am Water Aerobics with Tamara <i>Pool</i>	8:30am Water Aerobics with Tamara <i>Pool</i>	8:30am Water Aerobics with Tamara <i>Pool</i>	8:30am Water Aerobics with Tamara <i>Pool</i>	8:15am Water Aerobics with Tamara <i>Pool</i>
3:00pm Movie Showing 1776 <i>Laurel Room</i>	12:45pm Rummikub <i>Card Room</i>	9:30am Chair Pilates with Tamara <i>Laurel Room</i>	9:30am Stretch with Renee <i>Laurel Room</i>	9:30am Arthritis Mobility with Tamara <i>Laurel Room</i>	9:30am Sit and Tone with Renee <i>Laurel Room</i>	9:30am Sit and Tone with Renee <i>Card Room</i>
	1:00pm Meditation <i>Board Room</i>	11:15am Shopping Trip *Sign-up Required <i>Front Entrance</i>	11:00am Catholic Mass <i>Laurel Room</i>	11:00am Protestant Service w/Rev Suzy Post <i>Card Room</i>	11:00am Gil Harel Music Appreciation Bach's Mass in B Minor: A Cathedral Sound <i>Laurel Room</i>	11:00am Bible Discussion w/Carolyn Fisher Gospel of Mark <i>Card Room</i>
	1:30pm Open Games <i>Living Room</i>	2:30pm Trivia <i>Card Room</i>	12:00pm Intermediate Bridge Lessons <i>Card Room</i>	11:00am Movie Committee <i>Board Room</i>	11:15am Yoga <i>Card Room</i>	12:15pm Bingo <i>Activities Room</i>
	3:00pm Ice Cream Social <i>Garden Grille</i>	4:00pm Museum Comes to You w/Darby Slow Looking <i>Laurel Room</i>	1:00pm Seamstress <i>Activities Room</i>	12:00pm Gather at the Grille <i>Garden Grille</i>	11:30am Bus Trip to Tod's Point *Sign-up Required <i>Front Entrance</i>	1:45pm National Theater Live Mrs. Warren's Profession <i>Laurel Room</i>
	3:30pm Cornhole <i>Laurel Room</i>	7:30pm Movie Showing Cover-up <i>Laurel Room</i>	2:00pm Open Games <i>Living Room</i>	1:00pm Mahjong <i>Card Room</i>	2:00pm Art Conversation w/Helene <i>Laurel Room/Zoom</i>	7:30pm Summer Outdoor Party EcleKtics Band <i>Rooftop Garden</i>
			2:30pm Beginner Bridge Lessons <i>Card Room</i>	2:00pm Armchair Travels (Mexico) <i>Laurel Room</i>	3:00pm Knitting Circle <i>Activities Room</i>	
			3:00pm Afternoon Tea <i>Garden Grille</i>	4:00pm Juggler Jason Tardy <i>Laurel Room</i>	4:00pm Happy Hour <i>Living Room</i>	
			3:00pm Ferguson Bookmobile-Canceled <i>Front Entrance</i>	7:00pm Poker Night <i>Card Room</i>		
			4:00pm Margi Gianquinto Trio Songs of Summer <i>Laurel Room</i>	7:30pm Movie Showing The Polka King <i>Laurel Room</i>		





 **Fun Fact (Provided by the Welcoming Committee)**
 Chef will be happy to cater a party or meal in your apartment.
 Talk with Jeya Shankar or Dennys Matias to arrange details.

 **Health Fact**
 A UK Biobank study reports that smoking is a risk factor for low back pain.

Managers On Duty	
Independent Living	
5-Jul	Bryan Sy phone (203)-595-2311
11-Jul	Peter Fee (203)-595-2340
Health Center	
5-Jul	Mike Prisinzano phone (203)-595-2410
11-Jul	Christopher Massaro (203)-595-2407

Movies & Showtimes

July 5th to July 11th

Sunday July 5th	Monday July 6th	Tuesday July 7th	Wednesday July 8th	Thursday July 9th	Friday July 10th	Saturday July 11th
<p>3:00pm Movie Showing 1776 Musical/Comedy 2h 45m (1972) G-Rated</p>  <p>The nation's fathers harmonize their way through the founding of America in this musical adapted from a popular Broadway show. Colonial representatives gather in Philadelphia with the aim of establishing a set of governmental rules for the burgeoning United States. Benjamin Franklin (Howard da Silva) and John Adams (William Daniels) charge Thomas Jefferson (Ken Howard) with the work of writing a statement announcing the new country's emancipation from British rule.</p>		<p>7:30pm Movie Showing Cover-up Documentary 1h 57m (2025) Rated-R</p>  <p>Cover-Up is a political thriller that traces the explosive career of Pulitzer Prize-winning investigative reporter Seymour Hersh. Urgent and deeply reported, Cover-Up is both a portrait of a relentless journalist and an indictment of institutional violence and the cycles of impunity in the U.S. military and intelligence agencies. Drawing on exclusive access to Hersh's notes, and interweaving primary documents and archival footage, Cover-Up captures the power and process of investigative journalism.</p>		<p>7:30pm Movie Showing The Polka King Comedy/Drama 1h 35m (2017)</p>  <p>The rise and fall of Pennsylvania polka sensation Jan Lewan, who ultimately fleeced millions from investors through his polka-related activities.</p>		<p>1:45pm National Theater Live Mrs. Warren's Profession National Theater at Home 1h 50m</p>  <p>Five-time Olivier Award winner Imelda Staunton (The Crown) joins forces with her real-life daughter Bessie Carter (Bridgerton) for the very first time, playing mother and daughter in Bernard Shaw's incendiary moral classic. Vivie Warren is a woman ahead of her time. Her mother, however, is a product of that old patriarchal order. Exploiting it has earned Mrs. Warren a fortune – but at what cost?</p>